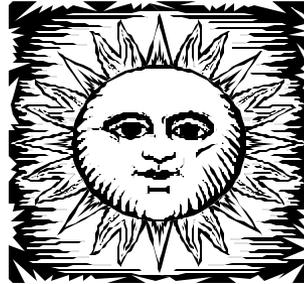

YOGA MADE SIMPLE

BY:ALYCEN PROCTOR

Fitness Professional



“Yoga brings peace and harmony to the
body, mind, and spirit.”

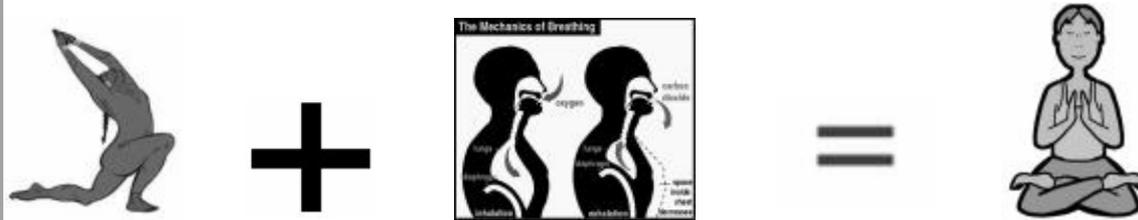


WHAT IS YOGA?

It is a holistic system refining the *body*, the *mind*, and the *spirit* in union.

Ultimately, it is **WELL-BEING!**

WHAT IS THE BASIS OF YOGA?



The yoga system is based on three structures, which include *exercise*, *breathing*, and *meditation*. With *exercise*, the body is used as an instrument. *Breath* is considered to be the **source of life**. With the practice of both of these comes *meditation*. Yoga can help to produce a clear mind and a strong body!

HOW DID IT BEGIN?



It is an ancient practice that dates back to more than 5,000 years ago. Back then, the strong desire for health, self-understanding, and long life helped to create this practice. Now it is practiced throughout the world.

BENEFITS OF YOGA

- Increased Concentration
- Improved Digestion
- Increased Balance
- Increased Flexibility
- Stress Reduction
- Increased Strength in Mind & Body
- Preventative Medicine
- Therapy for Chronic Pain & Disease



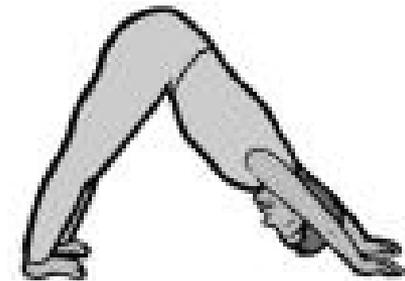
STYLES OF YOGA

■ ANSURA

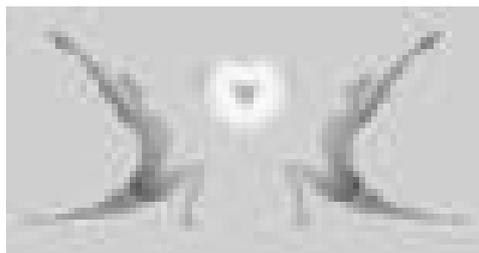
■ ASHTANGA

■ BIKRAM

■ IYENGAR

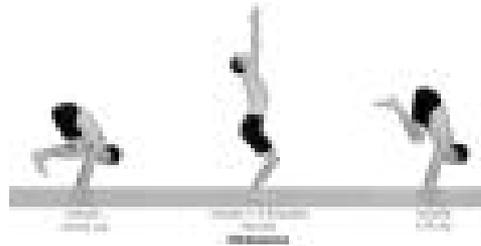
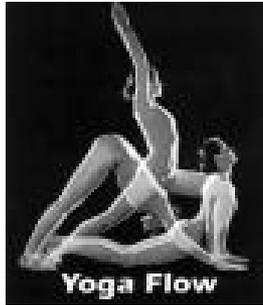


ANUSARA



A new style developed by John Friend. “It is described as heart oriented, spiritually inspiring, yet grounded in deep knowledge of outer and inner body alignment.” Students’ abilities are respected and honored.

ASHTANGA



It was developed by K. Pattabhi Jois. It is a physically demanding style. Students move through a series of flows consisting of jumping from one posture to the next in order to build strength, stamina, and flexibility. It is not for everyone, especially beginners.

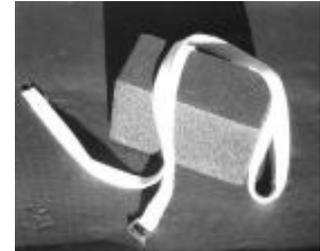


BIKRAM



It was founded by Bikram Choudhury. Be prepared to sweat. Twenty-six asanas or postures are performed in a room that is heated up. It is designed to “scientifically” warm up and stretch muscles, ligaments, and tendons.

IYENGAR



It was developed by B.K.S. Iyengar, one of the most known yoga teachers in the world. This style is known for great attention to detail and the precise alignment of postures, as well as the use of props such as straps, blocks, and blankets. Many modifications can be made to meet individual needs.

WHERE CAN YOU PRACTICE YOGA?

- Home
- Class Setting
- Beach
- Park
- Mountains
- Office/Work



**All you need is a little bit of
room, fresh air, and
some peace and quiet!**



YOGA AT WORK



YOU SPEND A LOT OF TIME AT WORK,
WHY NOT TAKE A FEW MINUTES OUT
OF YOUR DAY TO REJUVINATE
PHYSICALLY AND MENTALLY?

DESKTOP YOGA

Courtesy of www.mydailyyoga.com

- Sit up tall in your chair, or if possible, stand up. Stretch your arms overhead and interlock your fingers, turn the palms to the ceiling. Take a deep breath in and on the exhale, extend your side torso and take the tips of the shoulder blades into the body. Take another deep breath and on the exhale, stretch to the right, inhale, come up and stretch to the left.
- On an inhale, lift your shoulders up to your ears and then exhale and let them drop. Repeat 3 times. Contract the trapezius muscle fully when you lift your shoulders up and then on the drop it will release more completely.
- Take your hands behind your back and interlock the fingers, stretching the shoulders back, opening the chest. Take several breaths. Make sure that your head stays in the midline and that your eye gaze is on the horizon.

DESKTOP YOGA CONTINUED

- Stand by the wall, extend your right arm and place your palm on the wall with the fingers up. On an exhale, turn your chest away, taking the shoulder blade into the torso. Repeat on left side.
- Stand at your desk and place your palms in the desktop with the fingers pointing towards your body. Gently stretch the lower arm and wrist.
- Reach the right arm into the air and on an exhale bend the elbow and reach your fingers down the back, between the shoulder blades. Place the left hand on the elbow and on an exhale, gently pull the elbow to the left. Relax the ribs and hold for several breaths. Release and repeat on the other side.
- Sit forward in your chair and open the legs a little wider than the hips. Lean forward from the hips and drop your torso down. Let the head and arms hang toward the floor. Take several breaths and slowly come back up.



COME JOIN US AT THE KSC FITNESS CENTER



We offer a yoga class on Monday nights from 5:00-6:00 pm and a yogalates class on Tuesday evenings from 5:00-6:00 and Friday afternoon from 12:30-1:15 pm.

HELPFUL YOGA WEBSITES

- *[Http://www.yogasite.com](http://www.yogasite.com)*
- *[Http://www.yogajournal.com](http://www.yogajournal.com)*
- *[Http://www.yogamovement.com](http://www.yogamovement.com)*
- *[Http://www.yogainternational.com](http://www.yogainternational.com)*
- *[Http://www.yogaalliance.com](http://www.yogaalliance.com)*
- *[Http://www.mydailyyoga.com](http://www.mydailyyoga.com)*
- *[Http://www.grdcenter.com](http://www.grdcenter.com)*